

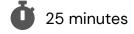




Classic Crumbed Fish Burgers

with Tartare Sauce

Crispy and golden, panko-crusted fish fillets served in a warm bun with fresh salad fillings and a creamy tartare sauce.





4 servings



Fish

Add a side!

You can serve these burgers with potato wedges or roast Dutch carrots if you feel like a larger serve!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

9g

32g

+ıg

FROM YOUR BOX

| WHITE FISH FILLETS | 2 packets |
|--------------------|----------------|
| PANKO CRUMBS | 1 packet (80g) |
| COLESLAW * | 1 bag |
| TARTARE SAUCE | 2 x 100g |
| ТОМАТО | 1 |
| LEBANESE CUCUMBER | 1 |
| HAMBURGER BUNS | 4-pack |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, lemon pepper

KEY UTENSILS

large frypan, frypan or griddle pan

NOTES

* Due to availability, coleslaw replaces baby cos lettuce. Use the tartare sauce to taste

You can cut the fish fillets into smaller pieces if preferred.

No gluten option - hamburger buns are replaced with GF burger buns. Panko crumbs are replaced with lupin crumbs.



1. PREPARE THE FISH

Coat fish with 1 tsp paprika, 1 tsp lemon pepper, oil, salt and pepper. Press into panko crumbs until coated on all sides.



2. COOK THE FISH

Heat a frypan over medium-high heat with oil. Cook fish for 3-4 minutes each side until golden and cooked through.



3. PREPARE THE FILLINGS

Toss coleslaw with tartare sauce until combined (see notes). Slice tomato and cucumber.



4. WARM THE BUNS (OPTIONAL)

Heat a second frypan or griddle pan over medium-high heat. Cut buns in half and toast for 1 minute each side.



5. FINISH AND SERVE

Assemble burgers with even amounts of fillings and crumbed fish (see notes).



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**



